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Here's this month's edition with organizing and redesign ideas.

Past eNewsletters are

available on

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If you are having any problems or issues with paper or time management, clutter, organizational systems or interior redesign, let me know!

Organizing Digital Photos



Simple 4-step Plan (as provided by *Parents Magazine*)

1. Start a system: upload, edit, organize
2. Share: photo-sharing website [see below], email, make prints
3. Preserve: backup files
4. Enjoy: use images in tangible off-computer ways

Flickr: Best for those who want to upload different file types; are willing to pay for additional storage; and want a community experience

Kodak Gallery: Best for those who want the quickest upload time; order prints or products once a year; want free access to high-res images; and like to keep track of online sharing history

Shutterfly: Best for those who

want free, unlimited online storage; want the



best-quality prints and products; enjoy creative control and endless design options

Snapfish: Best for those who need to upload images fairly quickly; want the cheapest prices for good-quality prints and products

Want vs. Need

Let's talk about the difference between want and need. For parents, it is a common discussion with young children when they say they 'need' something when in actuality they only want it. This is a great lesson for children and adults alike.

It's an issue that comes up often when I work with clients. Basic economics says, a *need* is something you have to have; a *want* is something you would like to have. Apply those definitions when sorting/purging/decluttering your house. Then make room for the *needs* first. If you have additional room for *wants*, and can still keep an organized, clutter-free space, then keep the wants.

I heard a therapist who specializes in chronic disorganization use an exercise to illustrate the difference between needs and wants. He said to imagine your house is on fire, and you have one hour to grab what you need. Think about what you'd grab. Next, imagine your house is on fire, but you have 15 minutes to get stuff out. Lastly, same scenario but now you have a minute. Compare the lists of things you deemed necessary to grab.

Somehow the things you feel you really need, change; perhaps many of your identified *needs* were actually *wants*. Food for thought!

Check out Couponcabin.com: type in the item and this site will show prices at more than 2,000 retailers online

Tips for Keeping an Organized Home

[from April 2010's *Family Fun*]

1. Deposit daily artwork and school papers in it, then at the end of the year, sort through the pile with your child to save. The sorting becomes a time to reflect together on your child's accomplishments.
2. Reduce the amount you need to organize in the first place. Keep only those items you

truly love or use. Don't hang onto an unwanted items just because it cost a lot of Aunt Sue gave it to you 20 years ago.

3. Make a backup box [for the computer]. Store your computer's hardware manuals and program disks in one dedicated box in a closet. If there's a problem, all the information will be right there.
4. Try a disk folder to avoid playing matchmaker with computer game disks and cases and to save space. Manuals and disks are simply slid into the plastic sleeves, where they are easily accessed.

To find it easily in your purse, use a brightly colored wallet

Time Management: Overscheduling Your Family

I have talked with mothers who complain about running here and there, eating dinner in the car, needing kids to be at back-to-back sports events, etc. They talk about how hectic their kids' lives are, and how chaotic their scheduled lives are.

I know I shouldn't say so, but I find it hard to gather up sympathy for these moms. Did their children overschedule themselves? Did their kids sign up for too many activities? Obviously not. The parents are the ultimate decision-makers of how time is spent. It is a *choice* to be very involved in sports, or music, or in whatever your child or family is interested.

The key is *moderation*. You choose to do certain activities so that there will still be time to eat as a family, do homework, get to bed on time and live your life without craziness. A child does not need to be overscheduled; in fact, he needs downtime and life to occur at a normal speed. He needs unstructured time. Your



family benefits from having times where *nothing* is planned. To be able to learn

time management skills, a child must have time that needs managing (i.e. free time).

A FAVE PRODUCT: InterMetro Shelving

These standalone shelving units are easily assembled, sturdy, and make for easy organization when labeled bins are put on them. Think: garage, basement, pantry, closet or laundry room. I've done ones in chrome, black and white.



Some Emotional/Mental Causes of Clutter...

- **Inability to make a decision** - Many times the inability to make a decision about keeping or discarding an item can be overwhelming. You waffle back and forth, and are afraid you're going to make the wrong decision or regret it. This is, however, a learned skill. It is like building a muscle -- and with regular exercise, the decision-making "muscle" can become stronger and easier to use. When in doubt, throw it out!
- **Guilt** - Often, when we realize that something we have is no longer useful, but we either spent a lot of money on it, it was given as a gift, we feel guilty getting rid of it. Actually, holding onto it just keeps bringing back the negative feelings associated with it, prolonging the problem. Think about the control the item has on you; take back the 'power' by ridding yourself of the item. You can keep things that were gifts, but you don't have to keep things just because they're a gift. - PM

